

Something to Chew On

Dining Trends: Vegetable Based Pastas

Vegetable-based and bean-based pastas have grown rapidly in the alternative pasta category. In fact, as of last year, it has grown to more than \$250 million from an estimated \$75 million to \$100 million in 2010. So what is all the hype and why are they so popular?

Only 9% of Americans consume the recommended intake of two to three cups of vegetables per day so vegetable-based pastas may be viewed as an easy way to achieve that goal. Be wary of the ingredient list on these labels, however, as they often reveal the type of vegetable the pasta is made from (example: spinach or zucchini) but not *how much* of that vegetable is included. Vegetables are usually added to the product in the form of a powder so the fiber available may be much less than what you would get from the whole vegetable itself. The important thing to remember here is to find one that tastes good and stay within the portion size.

Bean-based pastas (lentils, edamame, chickpeas) can be considered either a vegetable or a protein source. While all pastas in this category are not created equally, they *generally* are higher in fiber and protein and lower in sodium. These pastas may provide up to 50% of the recommended fiber intake and 25g protein in one serving. In comparison, a 3-oz serving of chicken breast contains 16g protein.

While bean-based pastas may offer more of a nutritional advantage, a serving of 100% whole grain pasta paired with whole vegetables may be a better option than some vegetable-based pastas.

What's Cooking?

Today's Dietitian

5-Ingredient Pumpkin Cookies

Ingredients

- 1 roll (16.5 oz) refrigerated sugar cookies
- 2 tablespoons pumpkin pie spice
- ½ cup canned pumpkin
- 1 8-oz package cream cheese
- 3 cups powdered sugar



Directions

- Preheat oven to 350 degrees F.
- In a large bowl, break up cookie dough. Add pumpkin pie spice and pumpkin. Beat with an electric mixer on medium speed until well blended.
- Drop dough by rounded tablespoonfuls 2 inches apart on ungreased cookie sheet.
- Bake 14-16 minutes. Cool on pan 5 minutes then transfer to cooling rack for about 30 minutes.
- In a medium microwavable bowl, microwave cream cheese, uncovered on high 40-60 seconds, stirring every 30 seconds, until softened. Stir in powdered sugar until smooth. Spread on cookies.

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Nutrition Facts

PER SERVING: 1 cookie

Nutrient	Amount
Calories	240
Total Fat	9 g
Sodium	130 mg
Total Carb.	37 g
Dietary Fiber	0 g
Protein	1 g

Pillsbury.com



Congratulations to the following Managers for a 100% Survey or Sanitation Inspection:

- 🍏 Blaine P - CO Senior Community
- 🍏 Veronica H- WI Senior community
- 🍏 Janice O- MN Residential Program
- 🍏 Diane V- MN Senior Community
- 🍏 David D- MN Residential program
- 🍏 Gail C- WI Senior Community
- 🍏 Nesrine H- WI Senior Community
- 🍏 Heather C- WI Senior Community
- 🍏 Inna K- WI Senior Community
- 🍏 Jeanne B- WI Senior Community
- 🍏 Jeremy L- WI Senior Community

Employees of the Month

- July- Stephanie C- WI
- August-Josh K- WI
- September-Josh C-MN

Clinical Teammate of the Year

- 🍏 Nesrine H- WI

Managers of Quarter

- 🍏 Rikki H- MN
- 🍏 Samantha R- WI
- 🍏 Steve J- MN

Welcome to our New Managers!

Food Safety Tips: Norovirus 101

Norovirus is a contagious virus that should be a concern for healthcare facilities. You can contract this virus from having direct contact with an infected person, consuming contaminated food or water, or touching contaminated surfaces then putting your unwashed hands in your mouth. People who are infected with norovirus can shed billions of norovirus particles, but it only takes a few virus particles to make others sick.

Symptoms

Typically develop 12-48 hours after being exposed to norovirus and may take 1-3 days to resolve

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

Preventing Norovirus

- Wash hands often
- Rinse fruits and vegetables
- Cook shellfish thoroughly (norovirus can survive temperatures up to 145°F)
- Stay home when sick and for two days after symptoms stop
- Clean and disinfect surfaces using a bleach-based product

CDC

Seasonal Nutrition Trivia: Pumpkin

Pumpkin is a type of winter squash that belongs to the Cucurbitaceae family. Not only is it versatile and delicious, it offers many nutritional benefits.

Pumpkin is 94% water, low in calories, and packed with vitamins and minerals. A cooked one cup serving provides just 49 calories, 0.2g fat, 2g protein, 12g carbohydrates, 3g fiber, 245% reference daily intake (RDI) of Vitamin A, 19% RDI Vitamin C and 16% RDI of Potassium.

Packed with antioxidants, pumpkin may protect your cells against harmful free radicals, which have been linked to chronic illness, such as heart disease and cancer.

Since pumpkin is low in

calories and contains mostly water, it is a good food to aide in weight loss as you can eat more of it and feel fuller, faster.

Pumpkin’s sweet flavor makes it a popular ingredient to add to fall dishes like custards, cakes, and pies. Its versatile profile works equally as good in savory dishes like roasted vegetables and soups. Bad news for coffee lovers though, your pumpkin spice latte does not contain any real pumpkin and instead has loads of sugar!

Did you know?

- The potassium pumpkins provide may have a positive effect on blood pressure
- Antioxidants present in pumpkin could help

- prevent degenerative damage to the eyes
- Pumpkin puree or canned pumpkin can be substituted for butter or oil in baking recipes
- A pumpkin is considered a fruit
- The largest pumpkin pie ever made weighed 3,699 pounds and was 20 feet in diameter

Medical News Today
Healthline.com

